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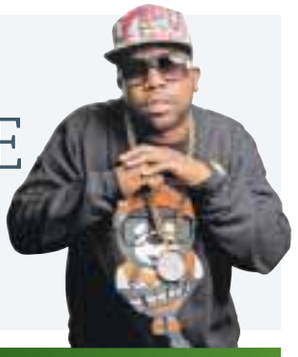
NO DISRESPECT TO THOM PETTIE

WHAT DOES BIG BOI MEAN WHEN HE RAPS ABOUT FREE FALLING?

PAGE 10



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Idle No More protest ends in legislative lockdown

Restless. Video shows protesters rushing the Legislative Building

The Manitoba Legislative Building was reportedly put into lockdown for a period Monday when a large group of angry protesters stormed the building following the Idle No More protest.

A witness, who was in the building at the time, but asked to remain anonymous, told Metro late Monday as many as 20 police officers needed to be called in after the group kicked open an emergency door and rushed into the building.

"It got ugly," said the witness, who noted rally organizers appeared to have left before the trouble started.

A video uploaded to YouTube on Monday appears to show a man forcing open a door at the Legislative Building and letting large group of people rush in.

Winnipeg Mayor Sam Katz is also seen at the beginning of the video, prior to the crowd getting in, telling people he can't get through the doors either.

"I'm going back to city hall; you're welcome to come there," he quipped to a person holding an amplified microphone up to his mouth before turning and leaving.

Moments later the doors open and the crowd rushes in during the nearly three-minute-long video titled IDLE NO MORE Winnipeg Manitoba Canada.

The otherwise peaceful rally was held to protest changes to legislation included in the Conservative government's omnibus budget bill and what they will mean for aboriginal rights.

Wab Kinew, who helped organize the rally, preached peaceful resistance in his speeches during the event. But even before the reported trouble, a handful of protesters interrupted and called on the crowd to rush into the legislature's front lobby.

"That's a testament to the attitude that's changing in the aboriginal community," Kinew said of the frustration after his speech, but before the reported melee. "A year ago all the talk was about reconciliation but … now legislation gets passed without incorporating any of the suggestions and ideas that aboriginal people brought to the table — aboriginal people are pissed off."

Similar rallies were held across the country Monday, and attendance was bolstered by social media sites like Facebook and Twitter.

SHANE GIBSON/METRO

Wab Kinew, who helped organize Monday's Idle No More rally at the Manitoba Legislative Building, speaks to protesters. SHANE GIBSON/METRO

Changes to legislation without debate

More at stake than just Indian Act

Wab Kinew told Metro two particular provisions in the budget have angered First Nations people.

"One is a reduction in the amount of protected waterways: that offends the sensibility around environmental protection, which is big in our culture," he explained. "The other is a provision that makes it easier for the federal minister of aboriginal affairs to sell off reserve land under the Indian Act.

"Most people in the aboriginal community see this as part of a broader move to change legislation in the Indian Act and other things that affect aboriginal people without our consent."

Kinew said non-aboriginal people should be just as concerned about the more than 400-page omnibus budget bill because of the changes to legislation it includes without debate.

"Today it's a change to the Indian Act, but what other sort of legislative changes that affect other Canadians are going to be proposed tomorrow?"

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Animal cruelty rooted out at Manitoba hog farm

Undercover research.
Group is lobbying retailers to stop dealing with companies using inhumane practices

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Warning: Graphic content
An animal-welfare advocacy group said a months-long undercover investigation at a Manitoba hog farm demonstrates a need for swift action on the part of retailers, industry and government.

"The extreme cruelty documented at this factory farm would horrify most Canadians but is considered standard and acceptable within the pork industry," said Twyla Francois, director of investigations for Mercy For Animals (MFA) Canada, at a press conference at the Canad Inns Fort Garry in Winnipeg on Monday.

"These are the standards that exist right across Canada."

The footage Francois referred to was captured by an undercover investigator who spent 10 weeks from July to September working at hog farm Interlake Weanlings, owned and operated by Puratone in Arborg, Man.

In it, sows are seen in pens so small that they cannot turn around, called gestation crates. The video also showed sows with sores and eye infections, as well as the tails and testicles of piglets being sliced off without painkillers.

Francois said this facility was randomly selected, as the investigator sent many job applications and it was the first to hire him.

The MFA, which also hosted press conferences in Toronto and Montreal, is calling on large grocery retailers Sobeys, Superstore, and Wal-mart to stop purchasing pork products from companies that employ the practices used in the video footage.

They're also calling on governments and pork lobby groups to do more.

Karl Kynoch of the Manitoba Pork Council said they're "disappointed to see the apparent lack of training and lack of respect for the animals," adding most producers do show a higher level of respect.

A statement from the office of Dr. Wayne Lees, Manitoba's chief veterinary officer, said an investigation has been launched, but the office "cannot release details or discuss the specifics on this case."

However, Francois said she's brought several cases to Lees and he "has actually failed to act on every single case I've brought to him since 2005."

Maple Leaf Foods, which is in the process of purchasing Puratone, has committed to phasing out gestation crates by 2017.

Twyla Francois of Mercy For Animals. BERNICE PONTANILLA/METRO

Official response

A statement from Ray Hildebrand, president and CEO of Puratone Corporation:

- "We are disturbed by some of the images ... which do not reflect our animal welfare policy and principles.... All of our employees receive training to ensure that they adhere to these standards, and we have veterinarians on staff to enforce these requirements. We have launched an immediate investigation and corrective actions will be taken."

City adds four centres to divert waste

The city is committing to improving Winnipeg's record on recycling by building four community resource recovery centres in 2013 and 2014.

"The city is taking further steps to divert the amount of material going into our landfill," said Coun. Mike Pagtakhan (Point Douglas), speaking at the city's Water and Waste facility.

The city's adoption of the new garbage and recycling system in August boosted recycling material collected by 30 per cent, or more than 2,000 tonnes, compared to last year, said Mayor Sam Katz. In addition, Katz said each of the new centres could divert up to 10,000 tonnes of material per site, per year.

Quoted

"These centres, combined with our new garbage and recycling system, will help us reduce the amount of garbage we send to the landfill and increase the amount we reuse, recycle, and resell ..."
Mayor Sam Katz

"The idea is to make drop-off convenient for Winnipegers so that we can divert material from the landfill and get it into the hands of people who can make good use of it," said Katz.

A centre will be placed in four areas, costing about $3.5–5 million each, including one near the Water and Waste facility on Pacific Avenue and one at Brady Landfill. Locations for the others have not been finalized.

The centres will accept a range of waste, like bulky waste, construction materials, electronics, household hazardous materials, and yard waste.

"This is something that will be a priority in our 2013 capital budget," said Deputy Mayor Russ Wyatt.

GRAEME COLEMAN/FOR METRO

Mayor Sam Katz announces the construction of four Community Resource Recovery Centres Monday. GRAEME COLEMAN/FOR METRO

Fort Rouge area

Teen girls arrested in string of robberies

Two teenaged girls have been arrested in connection to a string of strong-armed robberies around the Fort Rouge area over the last few weeks.

First, a 29-year-old man was allegedly physically assaulted after refusing to hand over personal property to two female suspects who confronted him near the corner of Osborne Street and Pembina Highway on Nov. 26.

On Nov. 28, a 40-year-old woman was injured when two women assaulted her and stole cash and personal property while she waited for a bus in the 1100 block of Grant Avenue.

Two women also allegedly confronted a 17-year-old girl near the corner of Grant Avenue and Stafford Street around noon on Dec. 6, robbing and physically assaulting her before fleeing the area.

A 15-year-old girl and a 17-year-old girl were arrested in the Polo Park area on Saturday. They have been detained at the Manitoba Youth Centre and both are facing a number of charges, including robbery with a weapon. METRO

Community support

Sherbrook Sharks getting along swimmingly

The swim club for inner-city kids forced to travel for meets after the Sherbrook Pool's closure is overwhelmed by the support they've received.

The Sherbrook Sharks have had to hold their practices nearly three kilometres away following the closure of their pool late last month.

While club president Karla Dueck Thiessen had worried because some members couldn't afford to bus to practices, she reported Winnipeg has come to the rescue. "Offers of bus tickets, and support have been flowing in and people have been dropping off donations" she said in an email. METRO

METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

TAKE A FREE RIDE NEW YEAR'S EVE

Celebrate safely and let Winnipeg Transit be your designated driver this New Year's Eve! Starting at 7:00pm on December 31st, you can ride Winnipeg Transit for FREE until end of service (approximately 1:45 am) courtesy of Manitoba Public Insurance. As a road safety leader in the province, Manitoba Public Insurance is committed to reducing alcohol-related collisions, deaths and injuries.

For route and schedule information visit winnipegtransit.com or call 311. To learn more about Winnipeg Transit's "real-time" schedule information services, visit winnipegtransit.com and click on TransitTOOLS.
Take a FREE Ride New Year's Eve program is sponsored by Manitoba Public Insurance.

UNIVERSITY SERVICE REDUCTION

As the Universities are currently on break, Winnipeg Transit is operating reduced service on the following routes… 36 Northwest Super Express ,60 Pembina, 61 University Super Express, 62 Richmond Express, 75 Crosstown East, 78 Crosstown West. These routes will resume normal service on Tuesday, January 3rd. For route and schedule information, please visit winnipegtransit.com or call 311.

HOLIDAY SERVICE REDUCTION

On December 24, 27, 28, and 31st Winnipeg Transit will operate on a regular weekday schedule. On Christmas day (Tuesday, December 25th), Boxing Day (Wednesday, December 26th) and New Year's Day (Tuesday, January 1st) Winnipeg Transit will operate on a Sunday schedule. For route and schedule information visit winnipegtransit.com or call 311.

WINNIPEG TRANSIT PRESENTS THE 2012 SANTA BUS

Winnipeg Transit's Santa Bus is on the road collecting cash donations for the Christmas Cheer Board. The Santa Bus features larger than life images of the jolly old man himself along with all his happy reindeer on the exterior of bus #272.

"Last year the Santa Bus collected $16,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more this year," said Mr. Claus. All cash fares and donations collected on the Santa Bus go directly to the Christmas Cheer Board. Since 1985, the Santa Bus has raised over $335,000 in donations.

The Santa Bus will be collecting cash donations until December 24.

Phoenix Sinclair. Reports altered: Social worker

A social worker who determined that young Phoenix Sinclair was at severe risk of neglect testified Monday that she called for immediate action, but her report was altered by her supervisor.

Debbie De Gale's testimony at the inquiry into Phoenix's brutal beating death in 2005 was the latest revelation of turmoil within Manitoba's child welfare system.

"I felt that the child could be at severe risk and decided to go with a 24-hour response (recommendation)," said De Gale, an intake worker who was involved in the file in May 2004 — a little more than a year before Phoenix's death.

Instead, her report was altered to play down the risk and loosen the response time to 48 hours, she said. The change on her report was done by her then-supervisor, Diana Verrier — something that was not uncommon.

"I recall in a supervision (meeting) one time telling her that I would appreciate her not doing that to my reports."

Over the years Phoenix was involved in the system, social workers were frequently unaware of who was taking care of the girl and failed to inspect the homes where she was living.

In April 2004, Phoenix's mother Samantha Kematch, who had been out of the picture for months, showed up at the home of Rohan Stephenson, a family friend, and took Phoenix. Social workers had told Stephenson he was not to give Phoenix to either of her parents — or anyone else — without telling them, but he ignored the warning.

THE CANADIAN PRESS

The University of Winnipeg has presented a collection of art history books worth $185,000 located in the new library in Bryce Hall. MEG CRANE/FOR METRO

U of W unveils new library

Dr Ferdinand Eckhardt. He left his collection of more than 8,000 art history books to the local university

MEG CRANE
winnipeg@metronews.ca

The University of Winnipeg unveiled a new library Monday after an extraordinary gift was left to them in a will more than a decade ago.

Books belonging to German Expressionist painter Walter Gramatté and composer and musician Sophie Carmen Eckhardt-Gramatté came into the possession of Dr. Ferdinand Eckhardt, who then left the collection of more than 8,000 art history books to the U of W in his will.

"Dr. Ferdinand Eckhardt was a strong advocate of the Art History program at the University of Winnipeg," said Dr. John Bulman, Eckhardt-Gramatté Foundation Chairman.

Dr. Eckhardt wanted his books to be in a room of their own, separate from the main school library, said Foundation trustees. Also, chairs from Dr. Eckhardt's apartment are now in the library, as are several pieces of Walter Gramatté's artwork.

Foundation Executive Director Lynda Hiebert said many of the books that make up the library are rare or one of a kind.

"It's a really, really unique resource," said Dr. Linwood DeLong, head librarian, who is currently working on cataloguing the library.

DeLong said in order to access the books, an appointment must be made in order to see the collection. There are places in the library to sit and look through books, and plug-ins for laptops.

For more information, or to book an appointment, contact DeLong at l.delong@uwinnipeg.ca.

Timeline

- In 1929, Walter Gramatté died
- In 1934, Sophie Gramatté married Dr. Ferdinand Eckhardt, bringing the collection of books belonging to Walter Gramatté, Sophie Eckhardt-Gramatté, and Dr. Ferdinand Eckhardt together
- In 1974, Eckhardt-Gramatté died
- In 1992 Eckhardt-Gramatté Hall was opened at the University of Winnipeg
- In 1995, Dr. Eckhardt died, leaving his extensive collection of books to the University of Winnipeg

Sun dog at the Forks

Frosty temperatures at the Forks of -21 Monday morning combined with a bright clear sky left perfect conditions for this sun dog that surrounded the Canadian Museum of Human Rights around 9:30 a.m. Tuesday's expected low temperature of -19 could let the dogs out once again. SHANE GIBSON/METRO

Pokerhand contest

Breakfast Television's Jenna Khan poses with a poker at Portage Place Monday, part of a promotion that will see one lucky winner get the chance to "Be the Hand" that pokes the yule log on MTS's festive season fire video. For more information, visit downtownwinnipegbiz.com. MEG CRANE/METRO

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Rocky mountain high

Colorado instates pot legalization

Marijuana for recreational use became legal in Colorado on Monday when the governor declared the voter-approved change part of the state constitution. Colorado became the second state after Washington to allow pot use without a doctor's recommendation. Both states prohibit public use of the drug, and commercial sales in Colorado and Washington won't be permitted until after regulations are written next year.

THE ASSOCIATED PRESS

Sex-assault charges

Former IMF head settles lawsuit

Former International Monetary Fund leader Dominique Strauss-Kahn and a hotel maid settled her lawsuit Monday over sexual-assault allegations that sank his political career and spurred scrutiny of his dealings with women on two continents. The amount of the settlement was kept confidential.

THE ASSOCIATED PRESS

Court hears robocalls case

Six ridings, eight applicants.
Conservatives argue applicants are stand-ins for Council of Canadians

Lawyers for eight Canadians challenging the outcomes of the last federal election in six closely contested ridings were in Federal Court, Monday, arguing that the results should be overturned because of alleged voter-suppression tactics.

The eight voters, who are supported by the Council of Canadians, allege misleading or harassing phone calls in those ridings — all won by Conservative candidates — kept some people from voting and may have affected the results.

The Conservative party says it was not behind the fraudulent calls.

Party lawyer Arthur Hamilton argued the case is frivolous, saying the eight applicants are really just stand-ins for the left-leaning council.

Council of Canadians lawyer Steven Shrybman THE CANADIAN PRESS

"There are simply too many pieces of evidence which point to the fact that the Council of Canadians is the real applicant here," Hamilton told the court.

He told judge Richard Mosley the group stands to benefit financially and politically from the Federal Court case, regardless of the outcome. The council has solicited donations on its website to support its advocacy work on the back of the so-called robocalls affair. The lawyer said the group is using the case to build a database to use for future fundraising.

"There is a financial windfall to the Council of Canadians," Hamilton said. "They are raising money with respect to this application."

The case began by dealing with Hamilton's "champerty and maintenance" motion. Champerty refers to the process by which a third party shares the proceeds of a lawsuit with a party to the suit, while maintenance refers to meddling in another person's lawsuit for personal gain.

This afternoon, the court is scheduled to hear from pollster Frank Graves, who prepared a report suggesting the fraudulent or misleading calls were widespread during the last federal election.

None of the eight applicants actually failed to vote in the 2011 election as a result of the alleged tactics.

THE CANADIAN PRESS

Not your mother's Santa. Cops send criminals cards

Abbotsford, B.C., police hope a holiday card will inspire gangsters to be nice.

Police sent a card Friday featuring Chief Const. Bob Rich dressed as a machine-gun-toting Santa in tactical gear to dozens of frequent offenders, property offenders and people involved with drugs and gangs.

The card asks, "Which list will you be on next year? Will it be naughty or nice?" The inside includes a number to call for help making better choices.

It is provocative, but that's what could make people open the card and realize the police are there to help them choose a different path for 2013, Const. Ian MacDonald said. "If it was just a snow-scape from the APD with just the additional messaging, we don't think it would get people's attention in the first place."

Many offenders it was sent to have likely seen officers in Emergency Response Team gear anyway, especially if they're involved in drugs, he said. The card is in the mail to those who have 10 or more criminal convictions, have been the subject of five or more investigations in the past six months, are at a set address to obey court conditions, or are involved in gangs or drugs.

"We sincerely hope that people will call," he said. "For the cost of printing and a postage stamp, we certainly think it's worth a try."

EMILY JACKSON/METRO IN VANCOUVER

Holiday card police sent to offenders in Abbotsford, B.C. CONTRIBUTED

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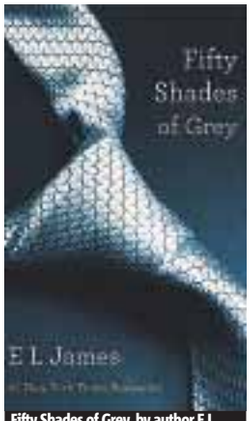

Fifty Shades of Grey, by author E L James, and its two sequels have sold 60 million copies worldwide. The trilogy helped generate such a good year for Random House that the publisher is giving its staff $5,000 year-end bonuses. THE ASSOCIATED PRESS FILE

Tie one on! Random House staff to get $5K cheques

Bondage bonuses.
Publishing house has had banner year, thanks to Fifty Shades of Grey

Sex sells, but it also gives back. Thousands of Random House employees in Canada and the United States will each receive a $5,000 bonus cheque on Thursday as a "thank you" for a lucrative publishing year.

The erotic bestseller Fifty Shades of Grey and its two sequels, published by Random House, have sold 60 million copies worldwide.

Other Random House titles have also raked in profits this year, including Gone Girl by Gillian Flynn, Wild by Cheryl Strayed and The Racketeer by John Grisham.

"This is a one-time special thank you for a great 2012," Random House U.S. spokesman Stuart Applebaum told Torstar News Service. "To my long recollection, this is the first time we have done something of this scope and magnitude."

A few thousand Random House employees in the U.S. and 170 in Canada will see their bonuses in this Thursday's paycheques, Random House Canada spokeswoman Tracey Turriff said.

"Everyone from the CEO to the staff in the operating centres will each receive the same amount," said Applebaum.

Fifty Shades is published in 31 languages, but the bonuses are "a North American initiative," said Turriff. Employees who've worked for Random House for the full year will get $5,000, said Turriff. Newer employees' bonuses will be prorated.

Random House — a division of media giant Bertelsmann — and publishing behemoth Penguin Books announced a worldwide merger in October.

TORSTAR NEWS SERVICE

Quoted

"To my long recollection, this is the first time we have done something of this scope and magnitude." Random House U.S. spokesman Stuart Applebaum

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LEGENDARY PICTURES DC COMICS SYNCOPY

MAKE NICE FOR THE HOLIDAYS AND AVOID THESE NAUGHTY MISTAKES

SHE SAYS...
Jessica Napier
metronews.ca

The holidays tend to bring out the best in people, but occasionally (often) they also bring out the worst. Here are five common mistakes you'll probably make at some point this season, but maybe should try to avoid.

1. Do something inappropriate during the office holiday party.

It doesn't take a genius to figure out that free booze + annoying co-workers (or even worse, a sexy co-worker) makes for a terrible combination. Plenty of you are going to get yourselves into trouble after a few too many eggnog-based bad-idea bevvies. But be sure to alternate between yuletide cocktails and water to avoid turning into a red-faced wreck and remember, what happens at the office party ends up on Facebook.

2. Attempt to shop for others and buy gifts for yourself, instead.

I get it; you're roaming the mall on a peppermint mocha high and suddenly you want to buy ALL THE THINGS. But you know who's going to be really mad about that decision? Future you. A $40 lipstick is going to seem pretty wasteful when you see your credit card bill in January.

3. Feel sad about spending the holidays alone.

There's something about this time of year that brings out the smugness in happily-in-love couples. And sure, it would be ideal if we all got to spend the holidays walking hand-in-hand with that special someone through a majestic snow-covered winter wonderland, but the reality is, that may not happen for you. So ignore your Facebook feed as it lights up like a Christmas tree with engagement ring photos and focus on yourself. Spend the money you saved on not buying a gift for a significant other on an enjoyable solo excursion and laugh at all those people suffering through overcooked turkey with the in-laws.

4. Make the 'seriously?' face after opening a terrible gift.

It's hard to feign excitement over a lacklustre gift. One year my grandparents gave me a biblical pamphlet and a pair of scissors. No, it wasn't a joke. I smiled graciously despite my secular leanings and an abundance of clippers back home. Because if the holidays are about making others happy, then pretending you really love a three-pack of gym socks or a novelty tie is the least you can do.

Which brings me to my final mistake.

5. Forget what it's really all about.

The holidays aren't really about the presents; they're about being present (see what I did there?) with your loved ones. So stop Instagramming your holiday haul and try to warm that Grinch-heart by having an actual conversation with your family.

No need to make the puppy face this season. SADIEHART/FLICKR

Darwinism makes fashion sense

REBECCA ROSE/TWITTER

@GRAPHICMATT/TWITTER

Monkeying around

Haven't you always wanted one?

The world-famous Ikea monkey is heading to a new home at Story Book Farm Primate Sanctuary in Sunderland about 100 kilometres north of Toronto.

Toronto Animal Services loaded up the now-world-famous primate around 1:15 p.m. Monday and sent him north with a staff member overseeing his trip.

"I believe that will be his new home now," said Mary Lou Leiher, program manager for partnerships and marketing at TAS.

Darwin had been morose after spending a night in lockup following his Sunday afternoon romp in a North York Ikea parking lot. The seven-month-old rhesus macaque apparently managed to open his crate and escape his owner's car to spend about 30 minutes wandering around the lot in a faux-shearling coat and diapers.

Once captured, he was taken to a TAS shelter where he was healthy, but "having a bad day," said Leiher. TORSTAR NEWS SERVICE

Runaway to runway

SSENSE/CONTRIBUTED

Darwin is setting fashion trends with his tan, double-breasted shearling coat.

- Toronto Life claimed there's a coat to make you look as dapper as the Ikea monkey: the "tan, faux-shearling parka from A.P.C. with inset pockets and a concealed zipper..." (Pictured above, which was published next to a picture of Darwin).

Memes

Ikea monkey often imitated

From one-liners, to silly new Ikea slogans, to Photoshopped pictures, people are having endless amounts of fun with the news that a monkey named Darwin was spotted running around outside an Ikea in a shearling coat on Sunday.

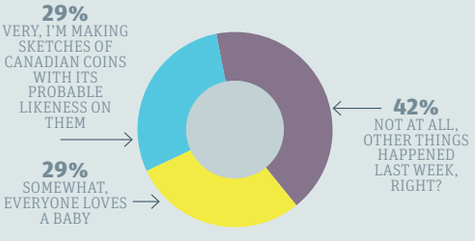
One user posted a picture of the monkey, sporting its stylish coat juxtaposed with pictures of Ryan Gosling and Jared Leto wearing similar jackets asking, "Who wore it best?" TORSTAR NEWS SERVICE

PERRYCARROT/INSTAGRAM

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How interested are you in the royal baby?


29%
VERY, I'M MAKING SKETCHES OF CANADIAN COINS WITH ITS PROBABLE LIKENESS ON THEM
29%
SOMEWHAT, EVERYONE LOVES A BABY
42%
NOT AT ALL, OTHER THINGS HAPPENED LAST WEEK, RIGHT?

Twitter

@mistershrewd: It finally hit -20...come Winnipeg, bring on the " omg it's 40 below!"

@sandybanyy: Winnipeg has started showing its true colors.... So cold out

@rheavasas: Every winter I ask myself why I'm still in Winnipeg #toocold

@Hey_ItsSarah: The ice age has begun. AND IT STARTED IN WINNIPEG SOMEONE SAVE ME.

@Kiddkingsley: Busy day ahead and a cold one too.. I should've rented something with command start #smh

@Cameraman_JerD: Here comes the sun. COLD morning in #Winnipeg! Dress in layers, like umm 15. #notjoking #ihatewindchills

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SHOPPERS DRUG MART

Big Boi's new album Vicious Lies and Dangerous Rumors is his second standalone effort from OutKast. ANDREW ZAEH

Setting the record straight on a dangerous rumour

Big Boi's new album. One half of OutKast has some new work to share, but first Metro had to find out how to Tom Petty someone

PAT HEALY
Metro World News

Vicious Lies and Dangerous Rumors, the second stand-alone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator André 3000, but Tom Petty. The first lines of a track with the title spelled out Thom Pettie feature an impossibly deep voice chanting, "Thom Pettie that hoe/Free falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumours spread.

What does it mean to Tom Petty somebody?
If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Does Tom know about this?
I don't know.

Is this something you're doing to create a dialogue? Would you ever collaborate with him?
Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

I heard you had been working on something with Modest Mouse, too.
Well, they came and they wanted us to do some work on their album, me and my partner Chris (Carmouche), so they came down for a weekend and we co-produced like three records with them. I think they're just handling some stuff internally, but the songs are dope as hell, and I can't wait for them to come out.

Who else are you trying to work with?
I really want to work with Kate Bush. That's the only person that I haven't worked with that I want to.

I heard that you really wanting to work with her! And you guys are exchanging emails now?
We're actually talking on the phone. We're going to have a face-to-face meeting when I go over to Europe, just to sit down and talk with her, catch up a little bit and see where we can go from there.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?
Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

What kind of back-and-forth did you have with the bands?
As far as production wise, it was tinkering with the music. When we first record all the elements might not be there, and through the course of 13 months the song would change several times, just adding to the music. Me and my partner, Chris (Carmouche), were pretty much in charge of the whole metamorphosis of the music, so I had both Little Dragon and Phantogram each come for like a week straight, and we'd just sit down and record a lot of music. And then we would send the stuff back and forth, and if they had elements they wanted to add, they would add it and send it back to us.

Simple Plan puts their story in book

Definitive history. Chuck Comeau's tendency to collect everything has paid off as band puts together story for their fans

IAN GORMELY
scene@metronews.ca

Every parent has at least one box of their adult children's things buried in the basement, or tucked away in an attic. But whatever misgivings they may have about their kid's junk pales in comparison to the array of items Chuck Comeau's been storing at his parent's home for the last 15 years.

The Simple Plan drummer has played the role of "archivist" in the Montreal-based band since he and singer Pierre Bouvier started out as Reset when they were teenagers.

"In the early years, you don't really know if you're going to become successful," he says. "For some reason, we felt it would be cool to look back on that stuff."

Comeau finally made good on his threat last summer, digging through the 30 boxes of set lists, ticket stubs and even record label rejection letters in preparation for a book, titled Simple Plan: The Official Story, that celebrates the 10th anniversary of the group's debut album, No Pads, No Helmets ... Just Balls. "It took a long time," he says.

Quebec journalist Kathleen Lavoie tells their story, creating what Comeau calls "a cool artifact."

Simple Plan have been together for more than a decade, and now they have a book to document their story. THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé: Now brought to you by Pepsi

THE WORD
Dorothy Robinson
scene@metronews.ca

Pepsi is throwing a ton of cash — $50 million, to be exact — at Beyoncé to make the singer the "face" of the company. Here's what the deal includes:

- Beyoncé's face will be found on limited-edition cans, starting in March.
- She'll be featured in TV commercials, the biggest of which will debut after her Super Bowl XLVII halftime performance on Feb. 3.
- She will also appear in the usual media: billboards, magazine advertisements, etc.
- Pepsi will sponsor her tour.
- And here's where the deal might become an interesting collaboration: Pepsi will fund Beyoncé's creative whims, which might not have explicit connection to the soda giant, per the New York Times. This might mean live events, videos, "a cool photo shoot" or anything that Beyoncé might think of, said Lee Anne Callahan-Longo, the general manager of Parkwood Entertainment, Beyoncé's company.

Is anyone else surprised by this collaboration? I know it's hard to say no to $50 million, but soda is bad, y'all. Isn't she worried about lending her image and name to something that is known to cause wide-spread health problems?

Or am I just being all Mayor Bloomberg about this? Even looking past lending her image to a can of sugar, isn't Pepsi the No. 2 can of sugar? Leave Pepsi to Kelly Rowland, girl! You're a Coca-Cola girl all the way!

Twitter

@Pink
I'm wishing everyone a little more tolerance this year in their stocking. For the new year. For Chanukah. Whatever you celebrate. After reading some of your responses to my happy Chanukah last night, I feel tolerance is something a lot of you need.

@channingtatum
Big thanks to the kids in Ms. Ochoa's 5th grade class at Poway's Valley Elementary! Great job on your project!

@rustyrockets
Anyone who does the (traumatic) Sydney Bridge Climb today tell "Bernie" the guide my Mum fancies him.

@ladygaga
He had me at "hello, it's Mick."

Demi Moore

Demi gets down: Moore's in Miami, trick!

Demi Moore is hitting Miami in a big way. The actress has been spotted around town multiple nights in a row at nightclubs and hotspots, living it up until the wee hours, according to Us Weekly. "The whole table was drinking," a source says after seeing Moore's gang kick off a recent night at club FDR. "She sat between two guys and was laughing, having fun." The group then hit up several other clubs before arriving at Rec Room around 4 a.m. "They were all starving," the source says. "They sat in the club eating burgers and fries and drinking beer until the club closed and the lights went on." While Moore's partying has led to problems before — including hospitalization and a stint in rehab earlier this year — a friend insists everything's fine, telling the magazine the actress is "in a good place. She's open to experiencing new things this year."

Doherty reaches out to help troubled fan

Celebrities often say they care about their fans, but Shannen Doherty means it. The former Beverly Hills 90210 star called 911 from L.A. recently to get help for a Twitter follower in New Jersey Doherty believed was suicidal, according to TMZ. "This is going to sound incredibly strange," Doherty says on the 911 call, obtained by the website. "My name is Shannen Doherty and I'm an actress, and there is a girl who is threatening to shoot herself." The unidentified 27-year-old woman had sent Doherty messages on Twitter claiming she would kill herself if Doherty didn't call her on the phone. "My security guys told me to block her because she's aggressive and does very erratic things," Doherty says on the emergency call. "I felt bad for her, to be honest."

Shannen Doherty

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Fatty foods and a slim waist? It's a French secret

Health and well being. Metro's nutritionist takes on a French diet; chocolate soufflé and all

THERESA ALBERT
myfriendinfood.com

The French food diet isn't for everybody, but there are reasons it can work. HANDOUT

January will bring with it the resolution to lose weight or "get healthy," but come on, we all know it never works.

We are sidelined by the French-women-don't-get-fat-so-I-can-have-this-croissant the-size-of-my-face rationalization.

Wanting to test the French diet theory, I spent three days eating like the women I saw around me on a recent trip to Paris.

I asked a lot of questions and did everything they would do including eat late, drink wine, embrace cream and other fatty foods. What I discovered was that there is more, much more to it than meets the eye.

A typical (or slightly more decadent than typical) food day in Paris follows this pattern:

8 a.m.
Tiny croissant (four inches long), one teaspoon butter, one teaspoon jam and an espresso

10 a.m.
Espresso

1 p.m.
Fish soufflé, small salad, tiny scrap of bread, chocolate soufflé, one or two glasses of red wine

4 p.m.
Espresso, tiny cookie, a few nuts (four)

9 p.m.
Three ounces foie gras, five ounces baked fish, small scrap of bread, insanely buttery mushrooms, two or three glasses red wine, three homemade caramels.

I diligently followed the pattern, with variations, breaking every rule I have learned (and spouted) as a nutritionist.

By the end of the three days, my palate was happy as a clam but my body felt as sick as a dog.

Whether I am genetically unfit or my digestive system is untrained, this diet was clearly not meant for me.

Portion sizes were small enough that, even though the composition of the food was fattier, I was probably still clocking my average of 1,800 calories on a non workout day.

After only three days, my guts were churning, my gall bladder was screaming at me and I had gained a full pound and .01 per cent of a body fat percentage. This is statistically insignificant and unscientific to be sure, but it was interesting to note. My liver was probably ticked at me too, but livers are quiet, workaday organs that don't complain much.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT AND FOUND DAILY AT MYFRIENDINFOOD.COM

Secrets of the French

My goal was to come up with a take-home message that lets us enjoy the best of the French paradox while still applying a nutritionist's knowledge. Here are the secrets at play that let them get away with it:

- **Walk.** Parisians walk all day long, they walk to the subway, they take the stairs, they don't try to fit in a trip to the gym, but instead, they work their exercise into their day.
- **Drink.** Small, calorie free espressos fuel the day with less caffeine and fat than one double double adding up to about 300 calories less than the average Canadian's consumption (caloric-ally, that buys you two glasses of wine).
- **Hunger.** Caffeine consumed in this espresso fashion suppresses the appetite, sugary, fatty lattes do the opposite
- **Hunger.** Choosing full fat foods (not beverages) suppress the appetite and allow a little to go a long way

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Best Health

Mixed messages about booze

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the December issue of Best Health, we go behind the headlines about the health benefits, and drawbacks, of alcohol. It's certainly confusing: one day alcohol is good for you, the next day there are warnings about it. For example:

"It increases your cancer risk" versus "It decreases your cancer risk."

"It harms your brain" versus "It helps your brain."

"It stresses you out" versus "It relaxes you."

The fact is, there is truth to each of the above statements and credible studies supporting each theory.

We dove into them to get you the truth about alcohol — and we drew some conclusions to help clarify the issue.

The article appears in the December issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Liven up ho-hum spinach with pecans, pears and brie

This recipe serves 8. BRIAN MACDONALD/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

ROSE REISMAN
for more, visit
rosereisman.com

The sweet and savoury combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this recipe, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

1. Preheat oven to 350°F. Spray a baking sheet with cooking oil.

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the centre of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

Ingredients

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 tbsp orange juice concentrate, thawed
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

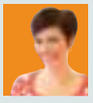
4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard in a small bowl. Pour over the salad and toss to coat. Garnish with the candied pecans.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Liver and let live



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

I'm guessing that by now you've been to at least three more parties than during any other month of the year. And more parties means more drinks.

It's a good time to think about how to protect your liver (year-round, but especially now). The liver does more than process alcohol — it has more than 500 jobs, including balancing your hormones and filtering every drop of blood.

Here are some foods that give your liver the nutrients it needs to keep you healthy:

- High selenium foods for proper enzyme activity: Brazil nuts, brewer's yeast, kelp, brown rice, garlic, onions and molasses.
- High methionine foods that aid in detoxification pathways: eggs, fish, legumes and seeds.
- High sulphur foods that aid in detoxification: broccoli, cauliflower, cabbage and brussels sprouts.
- Vitamin B5, which speeds up detoxification of acetaldehyde after alcohol consumption: whole grains, chicken, wheat bran and nuts.
- Vitamin B1, which reduces the toxic effects of alcohol, smoking and lead: wheat germ, dried peas and soybeans.
- Coffee, which has phytonutrients that help support the liver: three small cups per day, maximum.

And for heaven's sake, don't take acetaminophen (Tylenol) for a hangover, the combination with alcohol is toxic to the liver.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Behaving at the office Xmas party

Learn how to party smartly at your Christmas work do. HANDOUT

Holiday health. The big boss + free booze + a confined space = recipe for disaster. Don't let a night that's meant to be about festive fun turn into a nightmare

ROMINA McGUINNESS
romina.mcguinness@metro.lu

The holiday party is one occasions you can let your hair down, but there's a fine line between having some fun and misbehaving.

Etiquette advisor Jo Bryant, of the UK's leading authority on modern manners, Debrett's, tells Metro: "The aim is to keep your dignity. You're socializing with your colleagues, but with your bosses as well. It's about creating the right impression while making it seem like you're relaxed."

She talks us through the do's and the don'ts of the office party:

Look the part

DO meet workplace standards
"Make sure you look smart and well groomed and that you're fitting in with the ethos of the office. If you work in a very corporate environment, you'll probably be going somewhere smarter, so dress appropriately."

DON'T overdo it
If you work in a more relaxed office atmosphere, turning up in your best party frock when everyone else is in jeans might not be appropriate.

Dress the part

DO wear something different
This creates that distinction between a Christmas party, not a Monday. You want to look good — but don't go over the top by wearing something really out there.

DON'T wear what you wore to the office that day
If everyone else is going to make an effort and get changed, do the same.

Bulk up the contacts

DO circulate and socialize
Now is your opportunity to chat to people you don't normally speak to or have access to — like the boss.

DON'T be arrogant
Get your behaviour up to scratch. As you go around the room, stop to speak to people higher up in the pecking order. But that doesn't mean you should ignore people of lower ranking than you.

Chill out

DO impress people without promoting yourself
"This isn't the time to ask for a pay rise or complain. Avoid office chat, unless the big boss instigates it and seems keen to get your opinion. But equally, if you can talk to them about their family and their holidays, they might see you as more than just another member of staff.

DON'T shun your colleagues
Never neglect your team and spend the entire party schmoozing everyone else. Equally, don't just cling on to them and feel nervous about making new work friends.

Know your limits

DO drink, but don't get drunk
Hold yourself. If you're drunker than your companions, that's a big no-no. You should never be the drunkest person at the party.

DON'T be a party pooper
If you're feeling as though things are getting out of control and decide to stop drinking, don't make a big thing about it. Hang in there and don't draw too much attention to yourself. Maybe order a tonic water so it still looks like you're having a drink.

Exclusively online

- **Knot a problem.** It's holiday party season and you want to wear a tie. Larry Rosen, CEO of Harry Rosen (below), shows Metro how to tie his favourite knot. Watch the video on The Man Blog at metronews.ca.

Is regifting a social faux-pas?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In the past, regifting, couponing and bulk buying presents was considered a social faux-pas because it meant the gift-giver was being cheap.

But I couldn't disagree more. Resourcefulness is not the same as being cheap. Besides, stretching your dollars and taking advantage of opportunities to save money over the holidays will keep you out of debt, reduce waste and still allow you to spoil everyone on your gift list.

Wrap up that extra garlic press you received for your birthday and give it to your brother. Otherwise, it'll sit in your cupboard collecting dust. According to Couponcabin.com, nearly 40 per cent of North Americans regift presents and a large majority use coupons when holiday shopping. The most commonly re-gifted items are gift cards and duplicate and unwanted products.

If you plan to regift or coupon, follow these socially acceptable gift-giving parameters. Ensure the present is in its original wrapping and don't re-gift something that has clear signs it's been used. Remove your name from any tags or cards and don't give the gift back to the same person who gifted it to you. Avoid re-gifting intimate or personal hygiene products like underwear, nose hair clippers or razors. If you've received a sentimental gift, don't re-gift it because it could upset the person who gave it to you.

If you've bought something on sale or through a coupon, remove the bright red sale sticker and price tag. While opening presents, don't blurt out how proud you are that you used a coupon, be discreet.

When planning your holiday spending, be resourceful. Bulk buying some items like stocking stuffers or appreciation gifts for friends or colleagues is wise. Cash in unused loyalty rewards points toward gifts. Dig through your wallet, purse and junk drawer for any partially used gift cards. Use the gift cards toward gift purchases or cash them in towards a new gift card amount, pick a round number like $25 rather than regifting your card with $17.97 left on it.

Hoping to unwrap a pet on Christmas day?

Alison on Money. Small pets seem like a great gift idea — but don't forget about the future costs

YOUR MONEY
Alison Griffiths
money@metronews.ca

Lories and hotots and skinks, oh my! If it's a holiday pet you are considering, the choice is now enormous, especially among rodents, birds, fish and reptiles.

However, before you buy, be aware of care requirements and on-going costs.

According to the American Society for Prevention of Cruelty to Animals, $30 for a guinea pig is only the beginning.

The first year outlay will be just over $700 and about $635 annually after that.

In a 2011 report, Kiplinger.com rated fish as the cheapest pet both in terms of purchase and maintenance.

Gloriously hued guppies are as little as $1 and annual costs a mere $20, though set up can easily exceed $225 for an aquarium and all the fixings.

Perhaps your son or daughter has just seen How to Train Your Dragon and wants a bearded dragon (quite sociable, by the way.)

After spending $50 to $60 for the scaly beast, you will need a 40-gallon or larger terrarium, furniture for basking and hiding, bedding or a reptile carpet (yes, such a thing exists), calcium dust for a twice-weekly "shower" and, of course, food.

Making a basic happy home for a beardie costs from $500 to $1,000 — not including the lizard hammock.

At the cheaper end of things, a simple cage for a gerbil or rat or hamster is about $25 to $35, but pet owners are as keen to renovate as homeowners.

Just how much is a $1 goldfish going to set you back? ISTOCK IMAGES

Multi-level critter apartments can easily run to $200, not including toys and decor.

A pet budget and research will save you from what I call Iguana Shock Syndrome.

A friend in Victoria, B.C. bought an itty-bitty green iguana in 1990.

Fourteen years later, the nearly two-metre creature had taken over the spare bedroom and its care was rivaling the cost of a child. And like a teenager, Moe was cranky.

A good beginning resource is mypetsmart.com (go to pet care solutions, then care guides) where you'll find that the bearded dragon is an omnivore recommended for age 10 and up and lives approximately 10 years.

Dozens of pets are listed as suitable for beginner, intermediate or advanced owners.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

HAVE A RELAXING HOLIDAY SEASON

WITH AN AFFORDABLY PRICED MASSAGE FROM WELLINGTON COLLEGE STUDENTS

ISTOCKPHOTO/THINKSTOCK

This season, you can give — or receive — the gift of an affordably priced massage.

Wellington College's student clinic offers therapeutic massage, relaxation massage, hot stone massage, and aromatherapy at a cost far lower than you will pay at a spa. If your insurance company doesn't recognize massage therapy as part of your plan, this is an economical way to receive one. And it makes a great Christmas present, too.

The student clinic is staffed by Wellington's massage therapy students, many of whom are nearing graduation. These students have the skills and knowledge needed to make the therapeutic experience a positive one. However, if they do need guidance, an experienced college observer — an alumnus of the college, currently working in the massage therapy field — can step in to provide it.

Shae McConnell graduated from Wellington College in 2011, and has fond memories of working at the student therapy clinic.

"It gave me the confidence I needed to assess and treat clientele," she says. "And it opened my eyes to the dysfunctions, pathologies, and complaints people live with on a daily basis."

The clinical atmosphere allowed McConnell to ask questions and grow as a therapist. "Instructors or supervisors were on-hand when we needed help," she says. "But they also challenged us. We were encouraged to consider different therapeutic options when dealing with patients' needs. Really, we learned how to think outside the box."

Gift certificates for student clinic massages are purchased from Wellington College. The gift can be for whatever amount of money you wish, meaning you or your special someone could enjoy multiple treatments from a single purchase.

Gift certificates can also be used to buy items at Wellington College's massage therapy supply store, Equip Massage. Open to the public as well as students, Equip Massage sells a range of therapeutic and relaxation products suitable for home use, including towels, lotions, and aromatherapy oils.

The Student Clinic is located at 435 Berry St., on Wellington College's campus. To book an appointment, phone 204-957-2402. To learn more about Wellington College, visit wellingtoncollege.com.

Wellington College's student clinic operates Monday from 3-6:30 p.m.; Tuesdays and Wednesdays from 5-8:30 p.m.; and Thursdays from 1-4:30 p.m. The clinic is closed Friday through Sunday.

These hours apply only for the current term, which ends Jan. 18, 2013. The clinic will be closed between Jan. 19 and 29, reopening for Term 2 on Jan. 30.

Love Style?
REGISTER NOW
Winnipeg Technical College's Hairstyling program provides students with the study and practice of all aspects of hair services for men and women. You will also receive basic manicure training on natural nails and basic beauty treatments such as makeup product and application and eyebrow arching and waxing. Students in this program may choose to enroll in the daytime program, or evening program.
This accredited program follows Entrepreneurship, Training and Trade, Apprenticeship Branch guidelines.
wtc.mb.ca 204.989.6500
WINNIPEG TECHNICAL COLLEGE

WAVEBREAK MEDIA/THINKSTOCK

LEARN AND GROW WITH HERZING

A new year is approaching — and with it, perhaps, a brand new career. Herzing College in Winnipeg can help make it happen for you.

"We'll be starting new classes for almost all of our programs within the first two months of 2013," says Bill Riches, college president. "We appreciate that students want to begin the next phase of their working lives as soon as possible, so we don't make them wait."

Since 1970, Herzing has prepared thousands of students for careers in health care, business, technology, and law. From year to year, even generation to generation, Herzing provides a consistent quality of education.

"We have an extremely low staff turnover," Riches says. "Meaning, if you graduate from one of our programs, then recommend it to family members or friends, the same instructors who were there for you will be there for them."

Building this successful relationship with students also means ensuring their education is affordable. If your finances are preventing you from pursuing the training you need, Herzing College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

Should you start to struggle with your studies, Herzing will help with that, too, arranging free, one-on-one tutoring, and self-paced remedial courses in math, English and science.

Herzing College programs are designed to teach you the skills employers are looking for. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing and internship hosts and employers. All Herzing programs are driven by advisory boards made up of industry experts and employers.

This dedication to success explains why Herzing College has such a low student dropout rate. For Riches, that's really the whole point.

"We will educate you and work with you until you're employed in your field of study," he says. "That's our goal. It's why we do what we do. And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."

Herzing College is located at 723 Portage Ave. For more information, call 204-775-8175, or email info@wpg.herzing.edu. You can also visit the college's website at herzing.ca/winnipeg.

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goo.gl/oRusl

A Robertson College pharmacy technician student practising their skills.

ROBERTSON COLLEGE PHOTO

ROBERTSON HAS THE RIGHT PRESCRIPTION

More walk-in clinics are being built in Canada every year. Hospitals across the country are expanding their pharmacy space. It's a good time to start a career as a pharmacy technician. And you can train to be one at Robertson College.

Robertson College's 10-month diploma program gives you the knowledge and skills you need to become a pharmacy technician, or pursue further education in the field.

As a student, you will benefit from a mix of theoretical and practical learning. All instructors are working professionals — able to translate the complexities of the workplace into a classroom setting. Robertson's fully equipped laboratories will allow you to practise preparation of sterile and non-sterile products, and dispensing of medications. You will also gain hands-on experience through an eight-week (160-hour) practicum.

"This program is well-suited for students seeking a career in the rapidly growing field of pharmacy technicians," says Vijay Chintamaneni, campus director, Winnipeg campus. "Students will learn computer skills, drug terminology, and basic pharmacology in a simulated work environment."

As a successful graduate of the program, you will also be well-prepared for the Pharmacy Examining Board of Canada (PEBC) qualifying examination.

Robertson College's Pharmacy Technician diploma program has been awarded provisional accreditation status by the Canadian Council of Accreditation of Pharmacy Programs (CCAPP) for the period of January 2011 to December 2013. To learn more, call the direct line at 204-943-5661, email Info@RobertsonCollege.com, or visit robertsoncollege.com.

KEEPING PACE WITH TODAY'S BUSINESS WORLD

To compete in today's business world, a company must think globally. This includes attracting and retaining top talent, and purchasing and mastering the latest technology — all the while maintaining sound management and person-to-person interaction. It isn't easy. But with the right training, it can be done.

Professional, Applied and Continuing Education (PACE) at the University of Winnipeg can help you and your organization's decision-makers gain the knowledge and skills necessary to keep you competitive. Even better, by customizing leadership and executive training courses for your business, PACE can make you an employer of choice.

"Every organization is different," says Debra Wutke, program manager, contracts and business development at PACE. "That is why we can tailor our courses to meet your organization's unique needs."

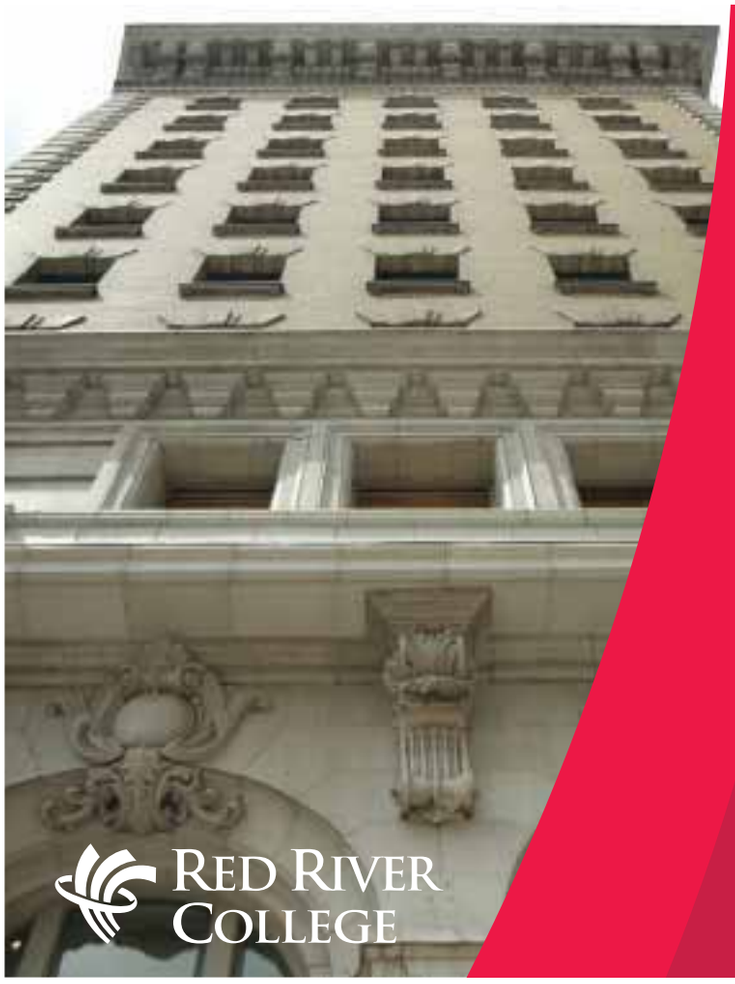
It is also why PACE is willing to bring its executive training courses to you.

"Time is often a luxury for senior management — we know that," Wutke says. "So we've designed our courses to be mobile. We can deliver the training you need, where and when you need it."

PACE facilitators are industry-savvy subject matter experts. They bring practical experience to the classroom, delivering training on demand in the areas of management, leadership, project management, and business analysis.

To learn more about PACE executive training programs, visit pace.uwinnipeg-courses.ca, or contact Michelle Lyon at 204-786-9717, or m.lyon@uwinnipeg.ca.

ISTOCKPHOTO/THINKSTOCK



RED RIVER COLLEGE

Now Open!

Exchange District Campus Residence at Red River College

Apply now for Red River College's new Exchange District Campus Student Residences, opening January 2013 in the Paterson GlobalFoods Institute.

For more info, contact **residence@rrc.ca** or **204.631.3371.**

rrc.ca/campusliving

WINNIPEG TECHNICAL COLLEGE PHOTO

YOUR NEW STYLE

WINNIPEG TECHNICAL COLLEGE OFFERS HAIRSTYLING COURSE

Do you love helping people to look their best? Hairstylists do that every day.

And you can learn to be one at Winnipeg Technical College (WTC).

Led by expert instructors with years of industry experience, WTC's hairstyling program will teach you to be a successful hairstylist for women or men. Classes for this 12-month, accredited program are held during the day or evening, and include a four-week internship.

"Our program also accepts high school students from the Pembina Trails School Division (PTSD), who can attend during grades 11 and 12," says Mary Elliot, hairstyling instructor. "Not only do they gain credits for their graduation requirements, they also complete the first level of an industry certification through Apprenticeship Manitoba. And since PTSD sponsors these students, their tuition is free."

The hairstyling program isn't free for post-secondary students. But it's still affordable. WTC is the only public college in Manitoba offering a program like this — as a result, part of the tuition cost is subsidized by the provincial government. WTC passes those savings along to you.

The cumulative employment rate for graduates of the daytime and evening programs is 86 per cent. One of those graduates is Scott Ramos. He now works at Berns & Black, a salon and spa owned by Kitty Bernes — a WTC graduate herself.

"The hairstyling program changed my life," Ramos says. "It was filled with inspiring teachers. They continually believed in me and pushed me in the right direction."

For more, call Winnipeg Technical College's general line at 204-989-6500, or visit wtc.mb.ca.

INFO SESSION

Enrolling in any post-secondary program is a major decision. Get the facts you need about Winnipeg Technical College's hairstyling program at the next TecQuest information session, taking place Dec. 13. To register for TecQuest, call 204-989-6500.

Build a future with your hands.
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WellingtonCollege.com
435 Berry Street | Winnipeg MB | R3J 1N6
info@wellingtoncollege.com | 204-957-2402

ISTOCKPHOTO/THINKSTOCK

STRESS-FREE LIVING AT RRC

Students have been studying at Red River College for decades. Now, for the first time, they can live there, too.

RRC's student residence facility opens in January 2013. Located in the college's new Paterson GlobalFoods Institute (PGI) complex, its furnished rooms are now available for rent. Contact RRC today, and you can move in Jan. 1, ready for the new term.

"Given the tight rental market in Winnipeg, finding a place to live is a challenge for any student moving here to attend school," says Colin Fast, communications manager, Red River College. "Our new residence facility will eliminate that stress. But that isn't all it will do. By bringing students together in this common space, we're providing them a supportive atmosphere, with opportunities to meet new peers. That feeling of belonging is important for any student, especially those arriving from First Nations communities or other countries."

The PGI complex, formerly the Union Bank Tower, is located in Winnipeg's historic Exchange District. One of the city's most prominent heritage buildings, the original structure is more than a century old. Today, following three years of renovations, it is ready to house both RRC students and the college's new School of Hospitality and Culinary Arts.

Residents will enjoy the urban appeal of this part of Winnipeg, which has undergone a renewal of its own. They will also enjoy living within one block of all their classes. The facility will have 24-hour on-site security, cameras in public areas, and swipe-card access to all secure areas. All suites will be wired for RRC-supplied Internet.

RRC offers four-, eight- and 12-month contracts to match students' different academic schedules. Residents will also join a meal plan, allowing them to purchase a variety of items, from soup and sandwiches to hearty, full-course meals. The cost of this meal plan is included in residence pricing.

Red River College's new residence is intended for its own students, however, students registered at other post-secondary institutions may also apply. Priority will be given to students enrolled at RRC. To learn more, visit rrc.ca/campusliving.

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Ryan Nugent-Hopkins collects his sticks on Monday after arriving in Calgary for Canada's junior hockey team selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Nugent-Hopkins leads junior hopefuls

World junior championship.
Burnaby, B.C., native is lone NHL player available to Canada, though some players would likely be in league if not for lockout

Once again, an NHL lockout is creating unexpected benefits for Canada's junior hockey team.

He's already played for Canada in the men's world hockey championship this year, but the NHL lockout means Ryan Nugent-Hopkins will get to play in the world junior championship for the first time in his career.

That also occurred during the NHL lockout of 2004-05, when Boston Bruins forward Patrice Bergeron was named the most valuable player of the 2005 junior tournament in Grand Forks, N.D., after helping Canada win gold at the 2004 world championship in Prague.

Nugent-Hopkins, 19, has a full NHL season behind him in which he was a finalist for the Calder Trophy, which goes to the league's top rookie. The Oilers didn't make him available to the Canadian team that won bronze at the 2012 world junior championship in Alberta.

Now, two years after he was cut from Canada's junior team at age 17, Nugent-Hopkins is expected to lead it into the tournament starting Dec. 26 in Ufa, Russia.

Since Nugent-Hopkins brings hockey experience to this Canadian team no other players have, Hockey Canada's expectations of him are high.

"I've got to try to take on more of a leadership role this year," Nugent-Hopkins said Monday at the Calgary airport. "As a 17-year-old, I couldn't come into camp and do that. I'm definitely going to try and take some experience from Worlds and bring it to this camp here.

"I feel like I'm a different person than I was a couple of years ago. My game has definitely evolved a lot and I see myself more as a two-way player right now, so I'm definitely going to try and take on that role at this camp." THE CANADIAN PRESS

Camp dates

- The 36 players invited to this year's selection camp streamed through the Calgary airport Monday.
- The players get on the ice Tuesday at Canada Olympic Park and the 23-player team will be chosen by Thursday.
- The invitees will play an intra-squad game Tuesday followed by games against university players the following two days.

Lockout

More games axed by NHL

The earliest a shortened NHL season will start is Dec. 31.

The league cancelled another 104 regular-season games on Monday afternoon, bringing the total number wiped away by the lockout to 526. That represents nearly 43 per cent of the season.

The NHL and NHL Players' Association appeared to be closing in on a deal last week before negotiations fell apart.

After talks broke down, commissioner Gary Bettman said the league needs to be able to fit in at least 48 games per team to save the season, which means a new collective bargaining agreement likely has to be signed within the next month.

THE CANADIAN PRESS

Soccer

Sinclair wins Lou Marsh Award

Women's soccer sensation Christine Sinclair was named the winner of the 2012 Lou Marsh Award on Monday.

The 29-year-old Sinclair led Canada to bronze at the London Olympics in spectacular fashion, scoring an Olympic-record six goals to win the Golden Boot. She recorded a hat trick in a 4-3 extra-time semifinal loss to the United States.

The Burnaby, B.C., native had 23 goals and six assists on the year for Canada.

"I'm just in shock," Sinclair said on a conference call. "I can't believe first of all, the year I've had and the year my teammates had. And then to have this continue on, it's incredible, especially to have a female soccer player in Canada win this award."

THE CANADIAN PRESS

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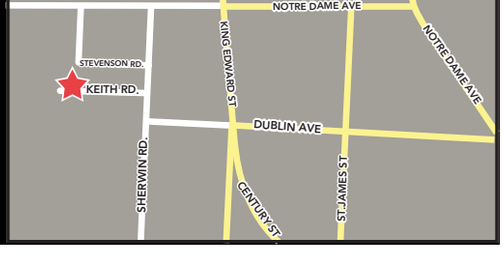

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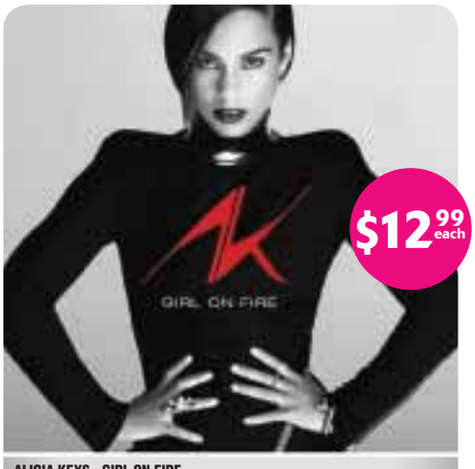

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hmv

♈ Aries
March 21 - April 20
By all means "borrow" someone else's design if you think it will benefit you in some way. There's no copyright on ideas or insights – if they're out there in the public domain you are entitled to use them.

♉ Taurus
April 21 - May 21
You may be tempted to sell a possession that means a lot to you, but if you do you will most likely regret it. No matter how desperate your money situation may be you should hang on a little while longer.

♊ Gemini
May 22 - June 21
You must not let other people get away with making statements that you know to be untrue. Make it your aim to point out the errors and inconsistencies in what so-called "experts" are trying to pass off as facts.

♋ Cancer
June 22 - July 23
The planets are about to show you a way that you can better yourself without having to work your fingers to the bone 24 hours a day. There are no easy routes to fame and fortune but there are certainly a few shortcuts.

♌ Leo
July 24 - Aug. 23
The message of the stars is that you are subconsciously putting obstacles in your path because you are not sure you are doing the right thing. In which case maybe you should think again about your current plans.

♍ Virgo
Aug. 24 - Sept. 23
You will help a friend or work colleague resolve a difficult problem today. Watch out though that you don't get suckered into doing something for others just because they are too lazy to do it for themselves.

♎ Libra
Sept. 24 - Oct. 23
The answer to your current problem is quite obvious and the only reason you can't see it is because you are looking in the wrong place. Trying widening your horizons a little. Bring the bigger picture into focus.

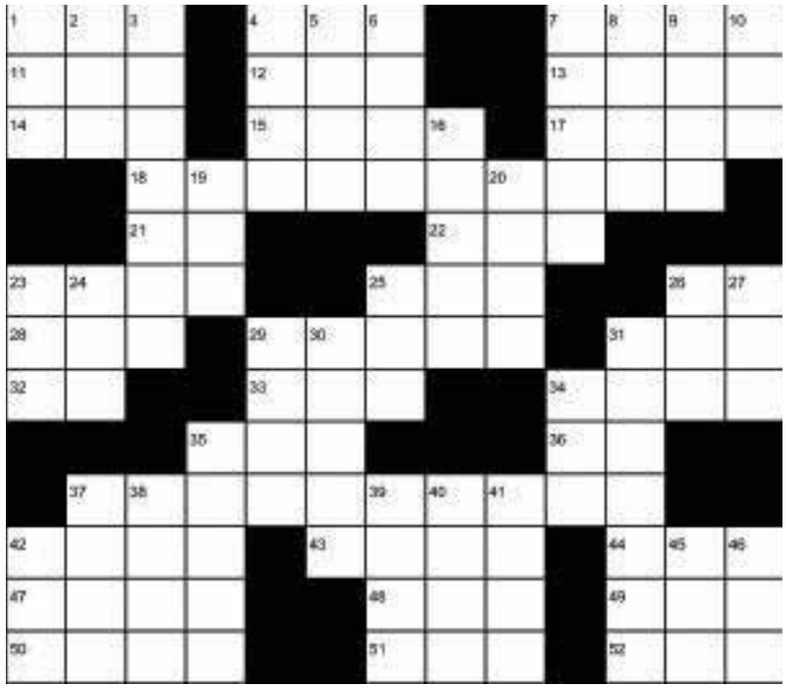
♏ Scorpio
Oct. 2 04 - Nov. 22
A work or money problem is not going to just fade away: it will only be resolved when you resolve to do something about it. You don't have to have the definitive answer – just make a decisive move of some sort.

♐ Sagittarius
Nov. 23 - Dec. 21
If you want something enough you will find a way to get it. However, for best results you are advised not to aim for anything too grand. Make it something of a material nature, something you can hold in your hand.

♑ Capricorn
Dec. 22 - Jan. 20
You can look at what happens today either as an interesting challenge or a situation to be avoided. Either way is valid but you will have more fun, and learn more, if you treat it as a challenge.

♒ Aquarius
Jan. 21 - Feb. 19
Not everything in life has a simple answer and the sooner you accept that fact the sooner a solution to an emotional dilemma will appear. Try to think less in terms of black and white and right and wrong.

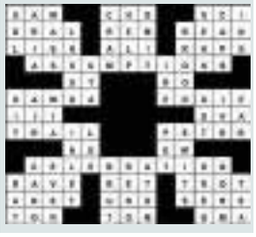
♓ Pisces
Feb. 20 - March 20
Your authority will be challenged in some way today but it's not the end of the world so don't overreact. You know your own worth and what you are capable of, so stay calm and laugh at those who try to upset you. **SALLY BROMPTON**



Across
1. Afternoon snooze
4. Bond, for one
7. Appeal
11. Actress Peeples
12. Jonny — Miller of Elementary
13. Name in jeans
14. Extensions
15. Laugh-In regular Johnson
17. Like fine wine
18. Compliance
21. My Name – Earl
22. Transgression
23. Woodwind instrument
25. Knock lightly
26. Part of Santa's greeting
28. Stimpy's pal
29. Collar inserts
31. — Aviv
32. "— Cid"
33. Sphere
34. Fr. Father
35. 'Peggy — Got Married"
36. Yours, Mine and Ours actress (init.)
37. Rival in sport
42. Indian dress
43. Edge
44. Curve
47. Face shape
48. Grazing ground
49. Taxi
50. Proofreader's mark
51. Cap
52. And so on....

Down
1. Opposite of SSW
2. Feel sick
3. Depth of feeling
4. Concrete piece
5. Salon offering
6. Abominable snowman
7. Homely
8. Building block toy
9. Equal
10. Assist
16. English homework, perhaps
19. Avail
20. Takes tiny drinks
23. Metallic rock
24. Dallas star Barbara — Geddes
25. Keyboard key
26. That girl
27. Spanish cheer
29. Lunchtime favourite
30. Shade providers
31. Patio
34. Paid athlete
35. Put on a happy face
37. Grotto
38. Articulated
39. Tip to one side
40. Notion
41. Kind of spirit
42. Lawn covering
45. The — Patrol
46. Canadian Broadcasting Corporation (abbr.)

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

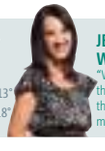
	1			5			7	
		2	8		3	9		
9								4
4		8				5		2
			5		6			
7		9				1		6
1								9
		7	2		5	3		
	4			9			1	

Yesterday's Sudoku

4	1	9	7	6	8	5	2	3
7	5	2	3	4	1	6	8	9
3	6	8	5	9	2	1	7	4
2	3	6	8	1	5	4	9	7
8	7	4	6	2	3	9	5	1
5	9	1	4	7	9	8	6	2
1	4	3	2	5	6	7	9	8
9	2	5	1	8	7	3	4	6
6	8	7	9	3	4	2	1	5

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -17° MIN: -19°	MAX: -6° MIN: -15°	MAX: -13° MIN: -18°



BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

NEED A RIDE?
Read metro drive every Wednesday.

TOYOTA 2012 YEAR END COUNTDOWN

Convenience Pkg 5 spd

2012 Yaris Hatch Back LE

DOWN PAYMENT	$0	$1000	$3000
TERM 48	$223	$201	$158
TERM 60	$206	$188	$152

2013 Corolla CE Enhanced

Convenience Pkg Auto

DOWN PAYMENT	$0	$1000	$3000
TERM 48	$239	$218	$175
TERM 60	$228	$211	$175

2012 RAV4 AWD

DOWN PAYMENT	$0	$1000	$3000
TERM 48	$330	$308	$268
TERM 60	$302	$284	$252

2012 Camry LE

DOWN PAYMENT	$0	$1000	$3000
TERM 48	$372	$310	$266
TERM 60	$316	$298	$262

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